

What is Vibrational Healing?

Crystal healing

The atoms of a crystal resonate to a vibrational frequency in the same way as humans, plants and all matter on the planet. These frequencies have been scientifically measured, and are found to have a regulatory effect (i.e. using quartz in watches to regulate its mechanisms).

The human energy field (aura) is constantly affected by every thought, emotion and interaction with the world around us. When our body's resonance becomes out of balance, we create a state of dis-ease, which manifests itself in our emotional, mental or physical body. Crystals have a positive effect by interacting with these imbalances, regulating our resonance back to the ideal and clearing away the 'baggage' to return us to wellness.

Reiki

Originating in Japan, Reiki is the channelling of 'ki' or the life force through the practitioner and into the recipient to bring about positive change. Reiki can be done either hands-on or non-contact, using various hand positions as required by the person receiving. Reiki is based on 5 simple principles:-

Just for today:
Do not be angry
Do not worry
Be grateful
Work with integrity
Be kind to others

Mikaela's style of treatment is an intuitive fusion of these two methods, utilizing the laying on of crystals, dowsing and hands-on healing to create a relaxing treatment that is tailored to individual needs.

Healing can be used for

- Alleviating symptoms of health complaints
- Increasing recovery time and healing of injuries
- Relaxing and reducing stress levels
- Improving sleep patterns
- Promoting emotional balance & a healthy mental attitude